



HIGH 5 COMMUNICATION RESOURCES

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SPEECH + LANGUAGE THERAPY • INFANT + TODDLER ENRICHMENT • FEEDING THERAPY

HELPFUL HINTS FOR POTTY TRAINING

Remember: potty training is a **learned behavior** – it is not innate. Going to the bathroom is innate – controlling your bowels is not. We **HAVE TO** teach and reinforce this behavior. It will not “just happen.”

When to start?

- Age: between 18 months and 30 months is highly suggested. I encourage on the earlier side of this range if your child is showing interest and signs of readiness (see list).
 - WHY EARLIER?
 - children in their 2's can get very oppositional and defiant. They do things the opposite way you want them to just to test you. It can be best to get potty training out of the way before you're in that zone.
 - The longer your child has been using a diaper, the more “unlearning” you have to do.
- Pick a period of several days or a week where you don't have much going on and can spend the bulk of your days at home.
- Don't potty train during a sleep regression, during teething, during illness, during an ornery period or during constipation.
- Also avoid times around major holidays, vacations, when transitioning to a bed, when there is a new baby, visitors in the house, or anything else that can change routines or put stress on the child.

Other Tips:

- Nighttime and daytime toilet training should be considered 2 different skills. Nighttime dryness may take an additional 6 months to a year.
- I encourage the use of NO daytime diapers or pull-ups on Day 1 of potty training and moving forward. Use underwear (preferably that the child picks out) or do naked time.
- Consistent trips to the potty are important – set a timer for every 15-20 minutes initially and sit on the potty for 3-5 minutes (unless child goes to the bathroom first). You may also want to take them after meals/snacks. Encourage them to “push” during this time (flex abdominal muscles). These trips should be SUPER FUN AND EXCITING!! Lots of “woohoos” and “yays” as everyone in the house goes to the bathroom. Make it a positive experience.
 - The Potty Watch is one tool that some families like. You or the child wears the watch and it rings an alarm at a pre-set interval to remind you to go try. Some children respond better to this than reminders from parents to try.
- Toilet training involves many steps (communicating a need to go, undressing, going, wiping, dressing, flushing, hand washing) - reinforce the child's success at each step.

- Dress children in easy-to-remove clothing to help children be successful in undressing and dressing.
 - Set backs are common and should be expected. This does not necessarily mean failure. The child may be taking a temporary step back to a more comfortable place, which helps support later progress.
 - Never punish for accidents. Occasional accidents are normal. Clean and change the child immediately. Be positive and reassuring that they will be successful. Punishment does not make the process go faster and may delay it.
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- Some families use the 2-day/3-day “naked time” approach very successfully. Check out the post about this from Lucie's List.
 - Other online resources include Laura Jensen's 3 Day Potty Training (3daypottytraining.com) and The Potty Trainer (thepottytrainer.com). Both have eBooks available to purchase, but Emily would be happy to send you these if you have attended her potty Fun Foundations class.